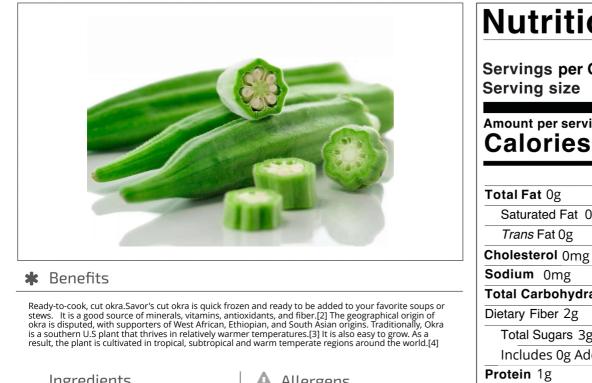


## Savor 389496 - Cut Okra

Savor's cut okra is quick frozen and ready to be added to your favorite soups or stews. Ready-to-cook, cut okra. It is a good source of minerals, vitamins, antioxidants, and fiber.[





Ingredients	Allergens
okra	Free From: Crustaceans O eggs of fish D milk C peanuts O sesame S soy D tree nuts Wheat

# **Nutrition Facts**

Servings per Container Serving size 85.0g	16 ; (85g)
Amount per serving Calories	25
% Daily	Value*
Total Fat Og	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium Omg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugar	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
* The % Daily Value (DV) tells you how much a a serving of food contributes to a daily diet. 2,0 a day is used for general nutrition advice.	

Handling Suggestions

Keep Frozen

Serving Suggestions

Heat and Serve - Best used from frozen. May that sealed packages in refrigerator at 40 F. Cook product thoroughly to 165 F before using.

## Prep & Cooking Suggestions

Heat and Serve - Best used from frozen. May that sealed packages in refrigerator at 40 F. Cook product thoroughly to 165 F before using.

## Product Specifications

Brand			Manufacturer					
Savor			Dot Foods					
UPC	MFG #	e SP(	C #	GTIN			Pack	Pack Desc.
	389496	5 389	496 1	10684476010670		0		12/3 LB
Gross Weight Net Weight Cou		ntry of Origin Kosh		sher	sher Child Nutrition			
371	b	36lb	E	El Salvador I		No		
Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf L	ife	Storage Temp From/To	
17.01in	10.87in	14.1in	1.51ft3	9x5	438da	iys	-5°F/-2°F	



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Nutrition Analysis - By Measure

Calories	25	Total Fat	Og	Sodium	0mg
Protein	1	Trans Fats	Og	Calcium	0mg
Total Carbohydrates…	6g	Saturated Fat	Og	Iron	0mg
Sugars	3g	Added Sugars	Og	Potassium	0mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

#### Additional Images



